

Means sharing same lowercase letter (a, b, c, ...) are not significantly different based on Duncan Test ($p < 0.05$).

Figure 1

Experimental Procedure

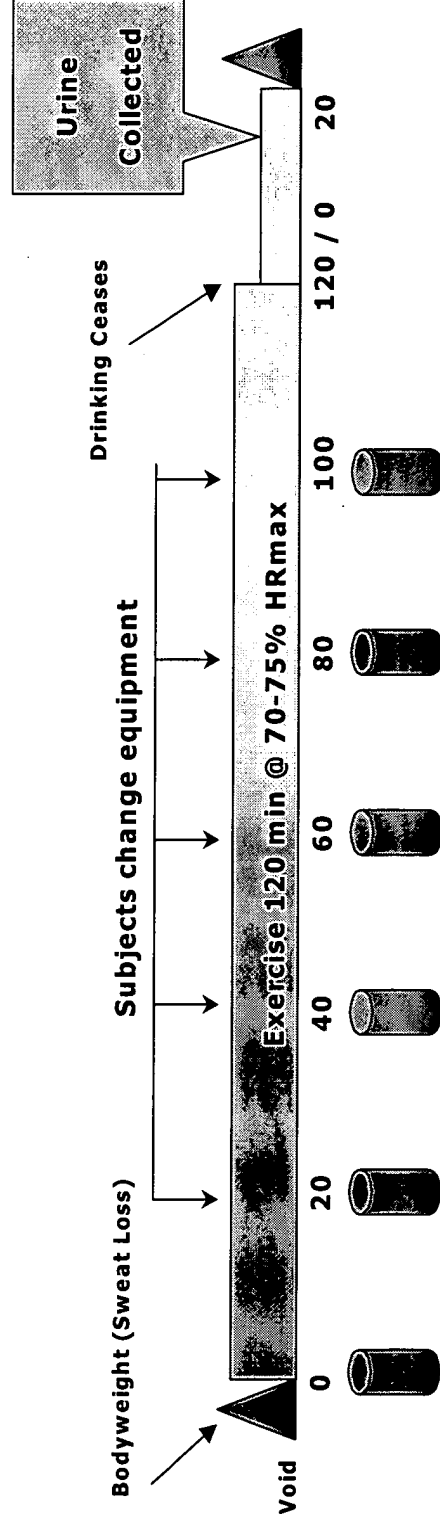


Figure 2

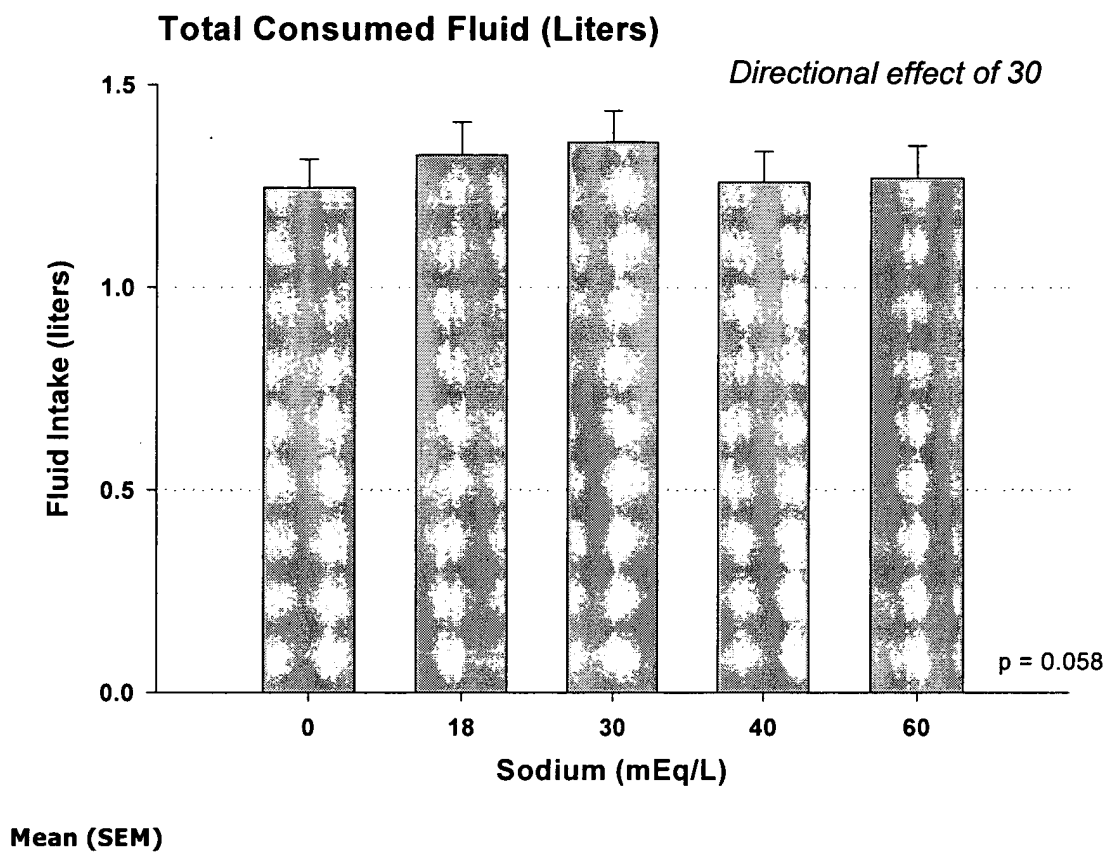


Figure 3

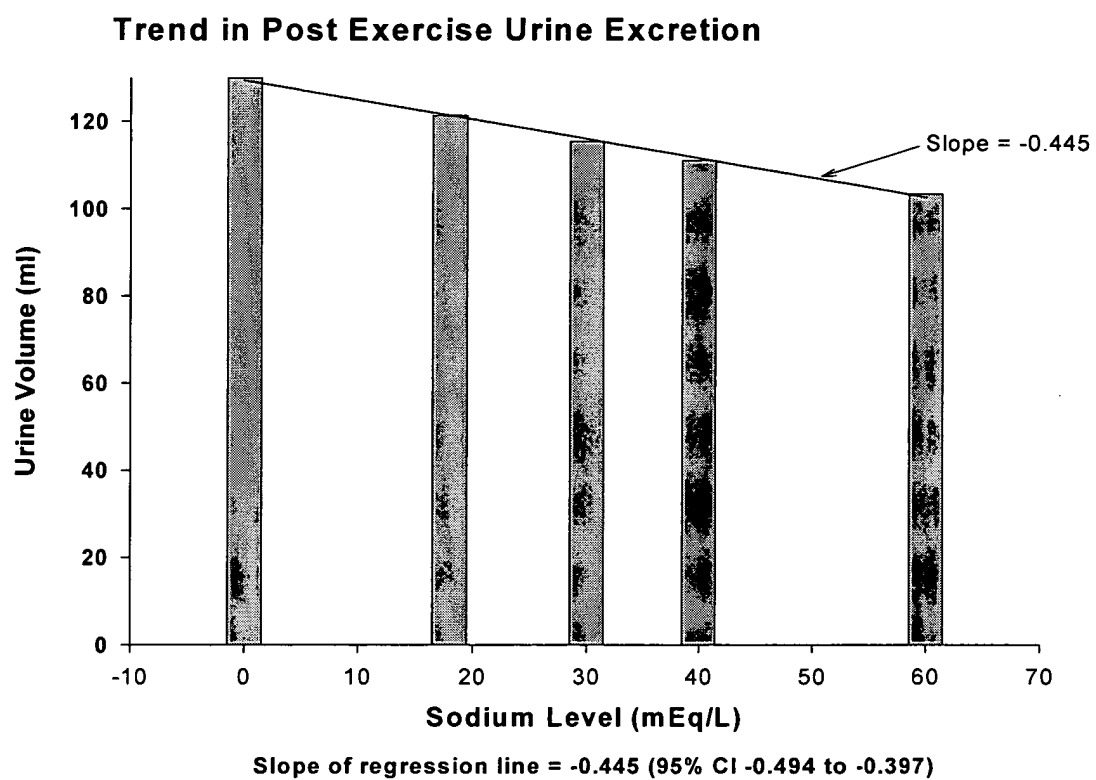


Figure 4

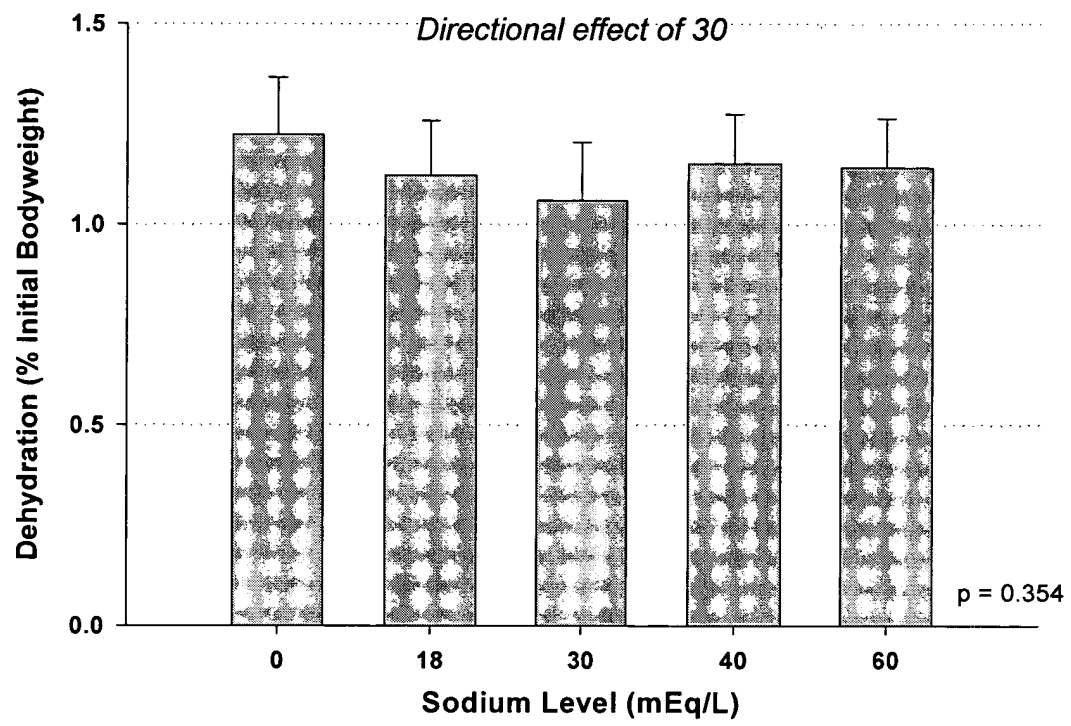


Figure 5

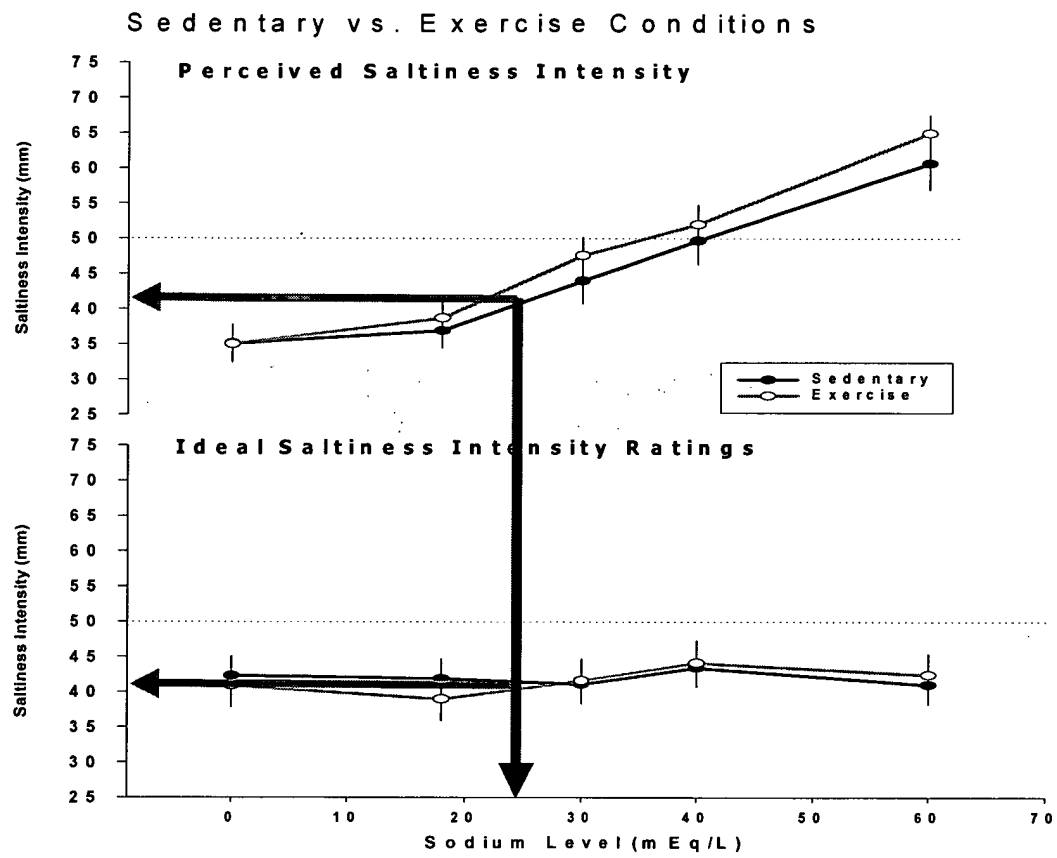


Figure 6

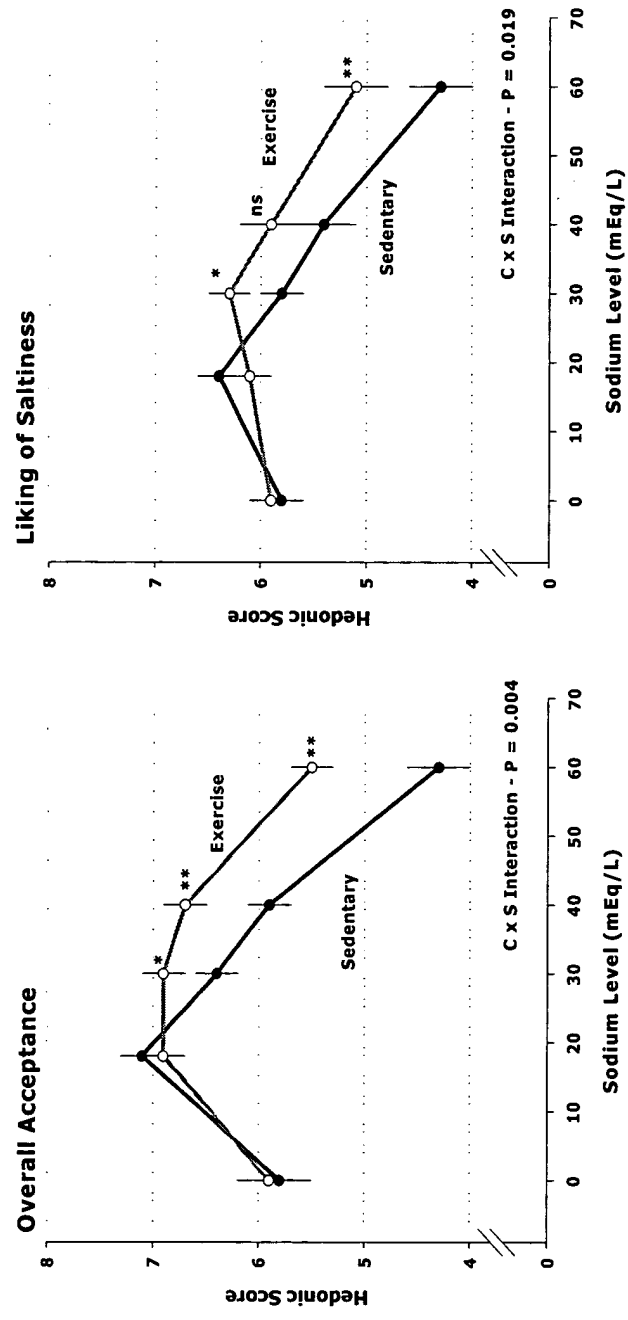


Figure 7

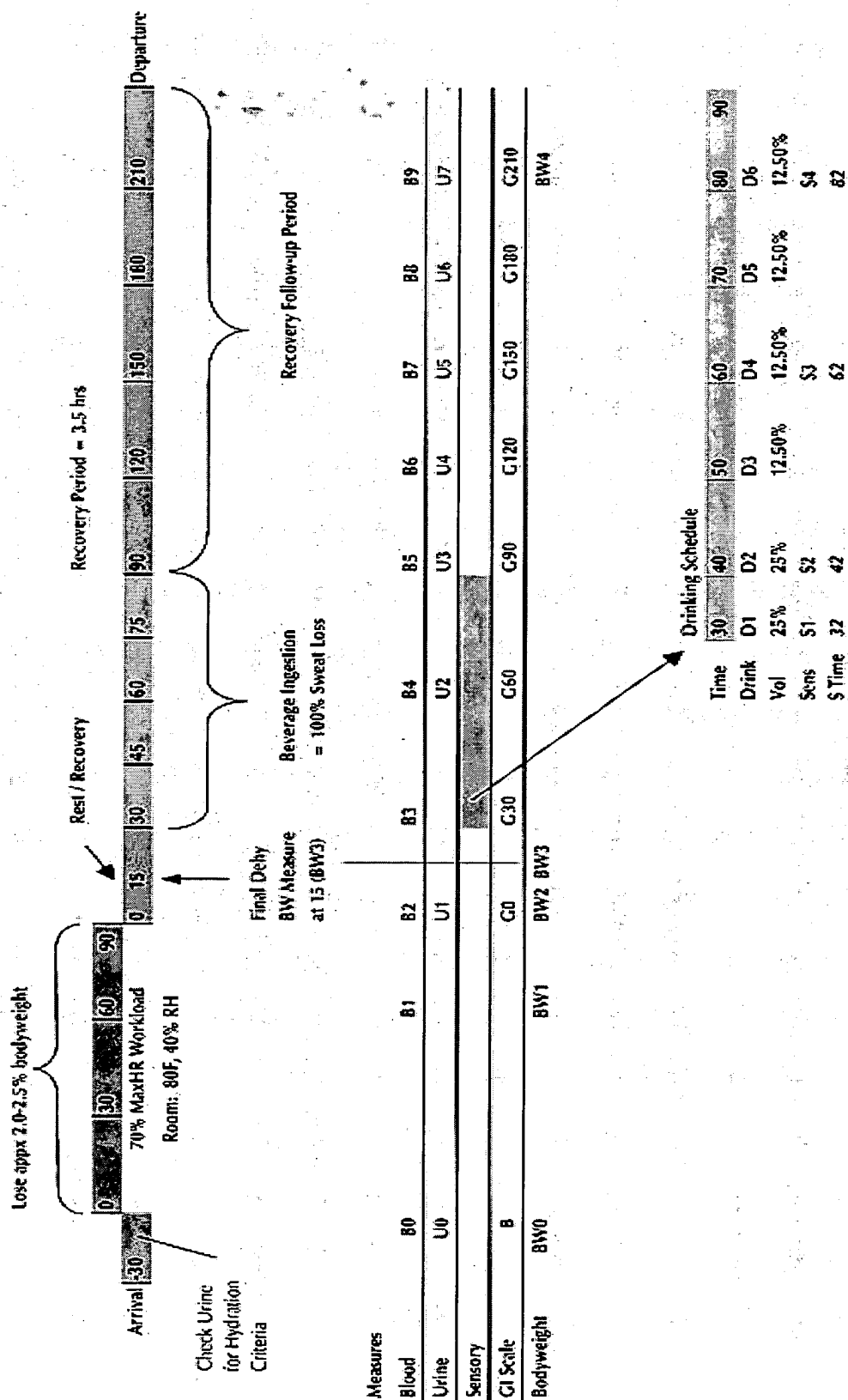


Figure 8

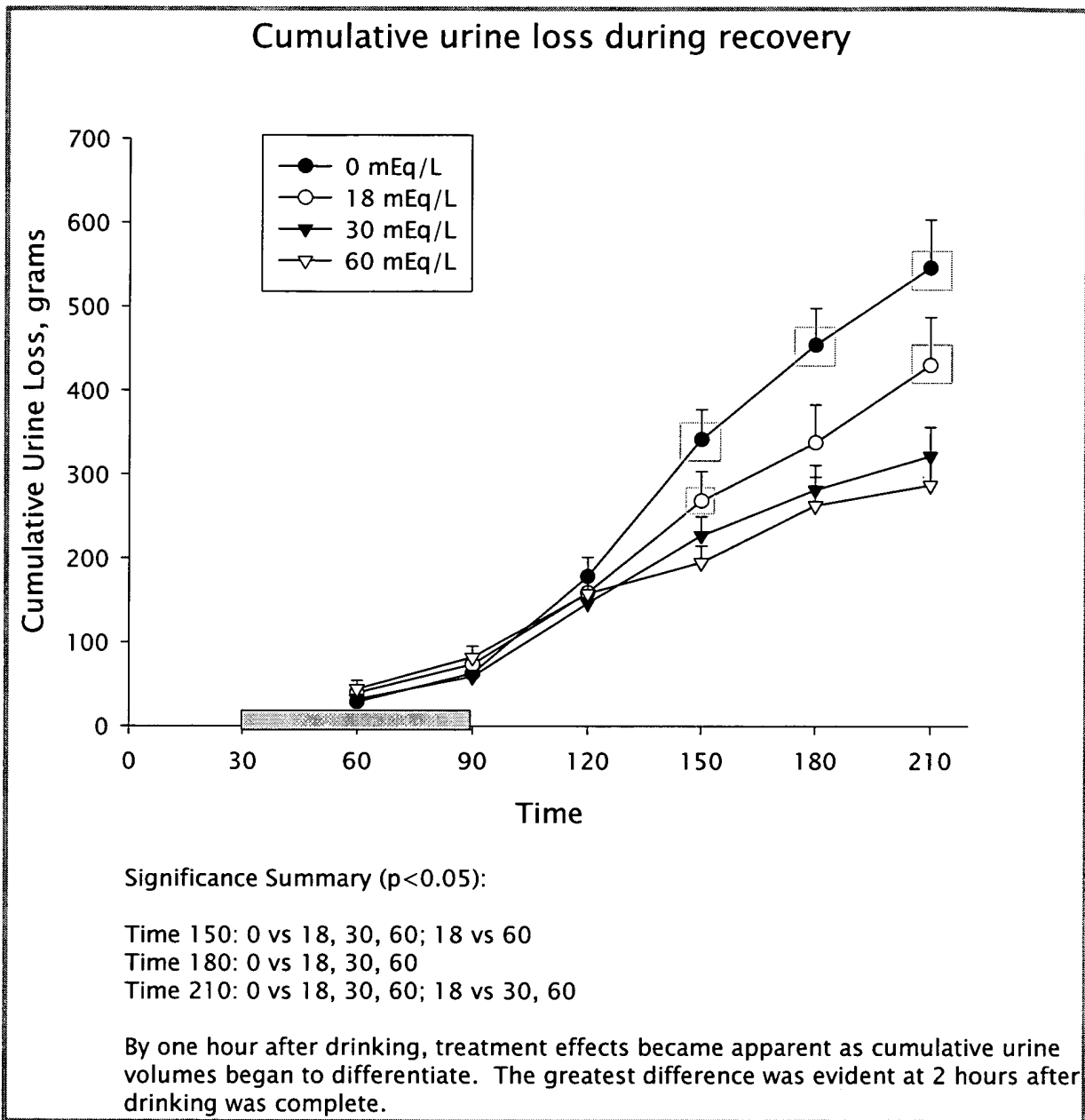


Figure 9

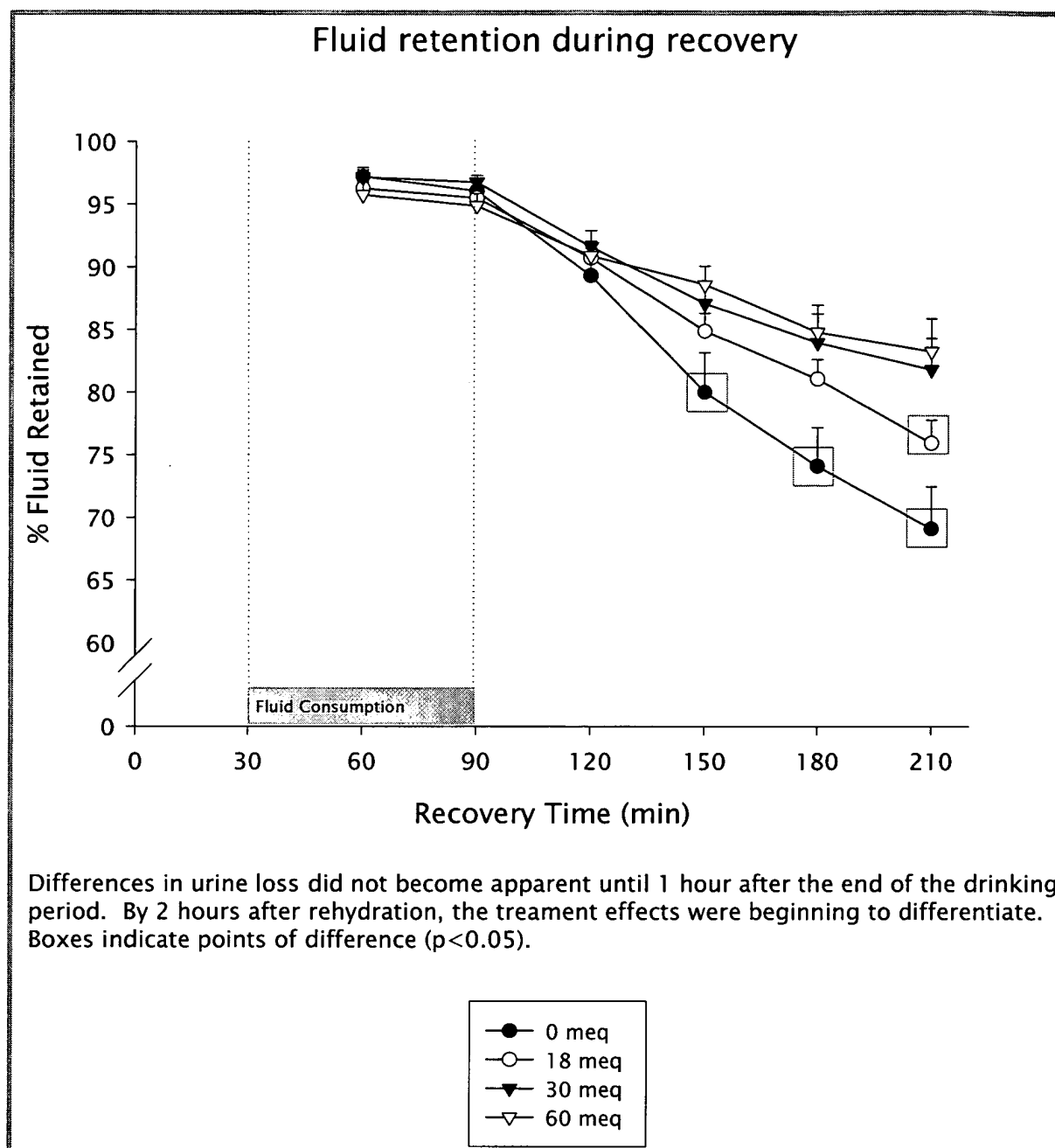


Figure 10

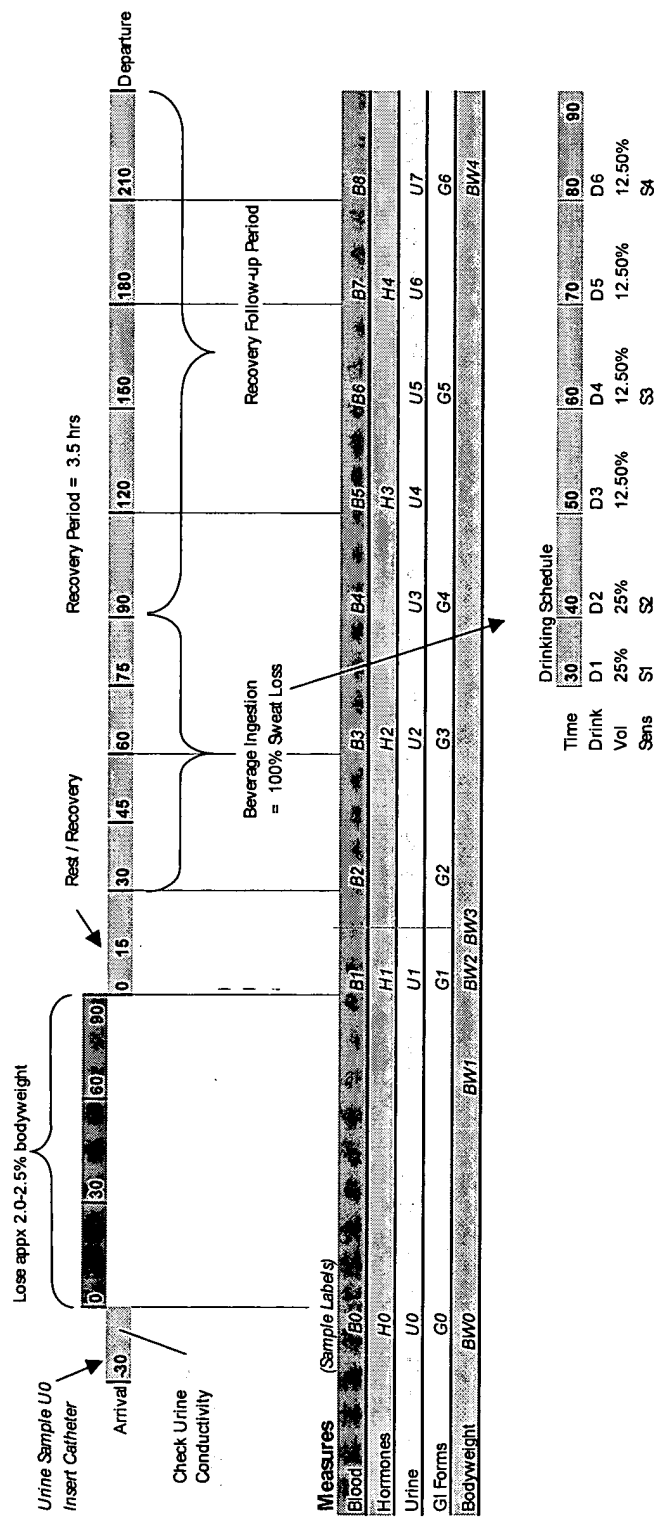


Figure 11

Cumulative urine loss during recovery

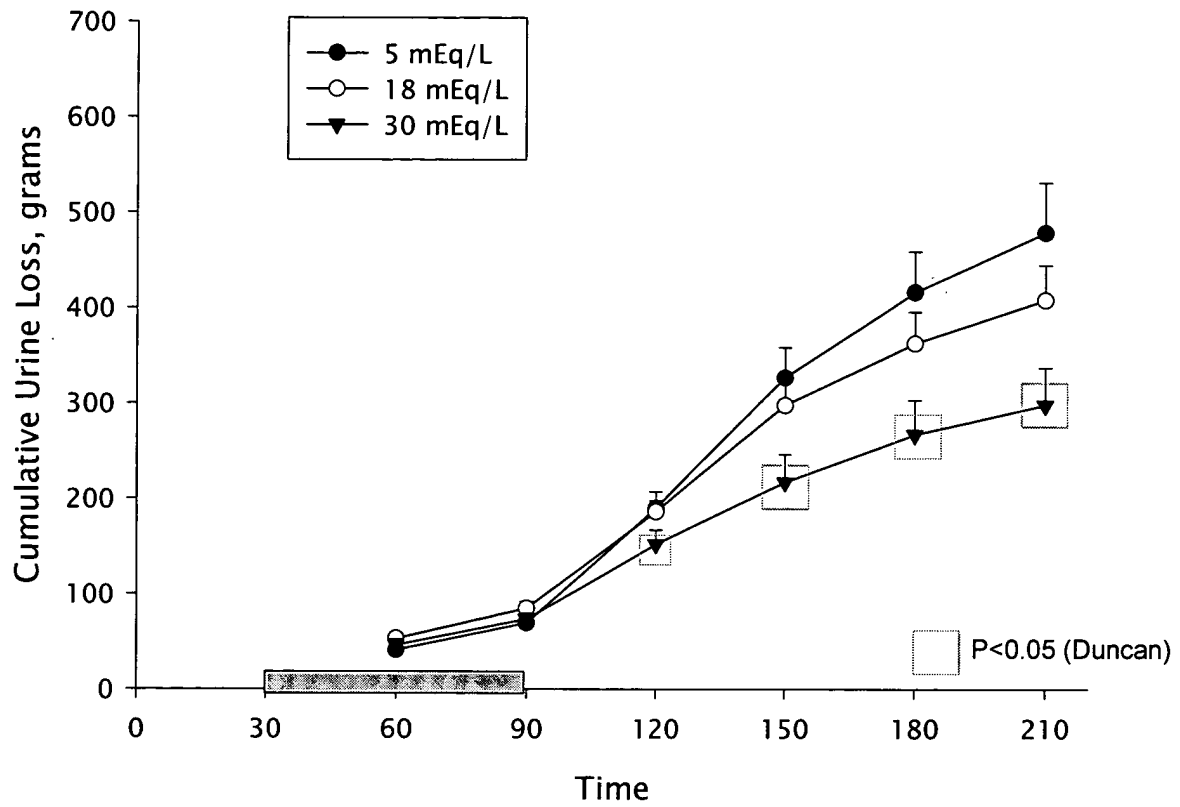


Figure 12

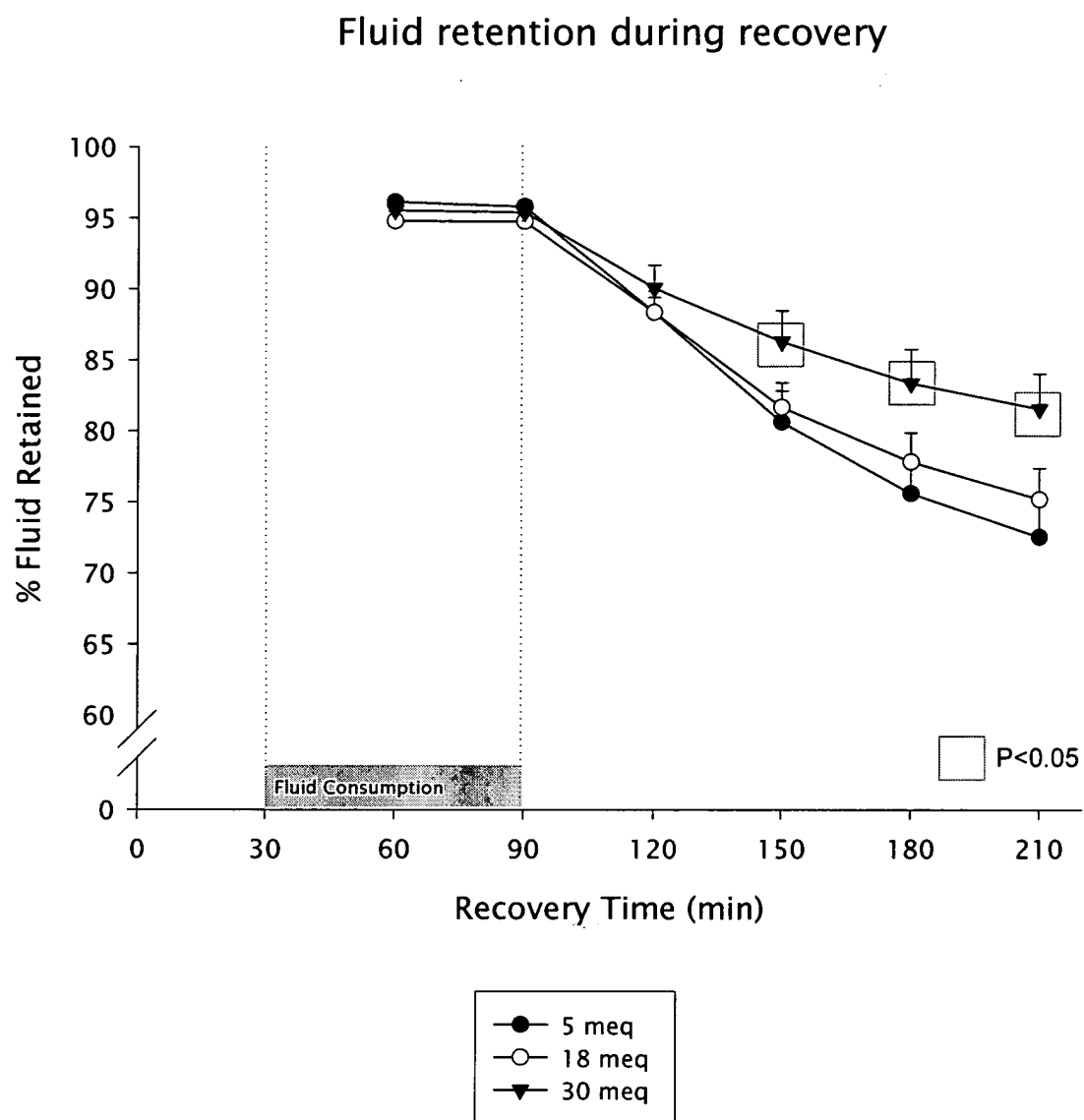


Figure 13

Plasma volume changes associated with various sodium levels

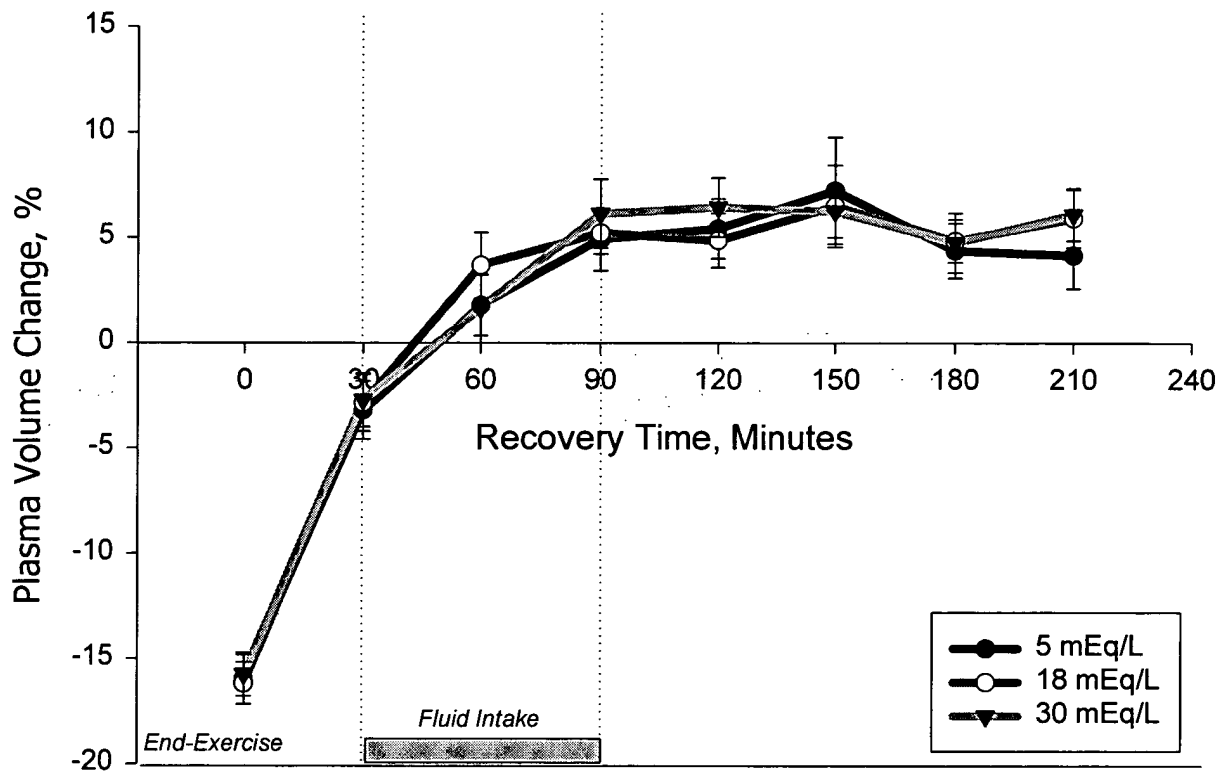


Figure 14

Percent Fluid Retained Over Recovery Period

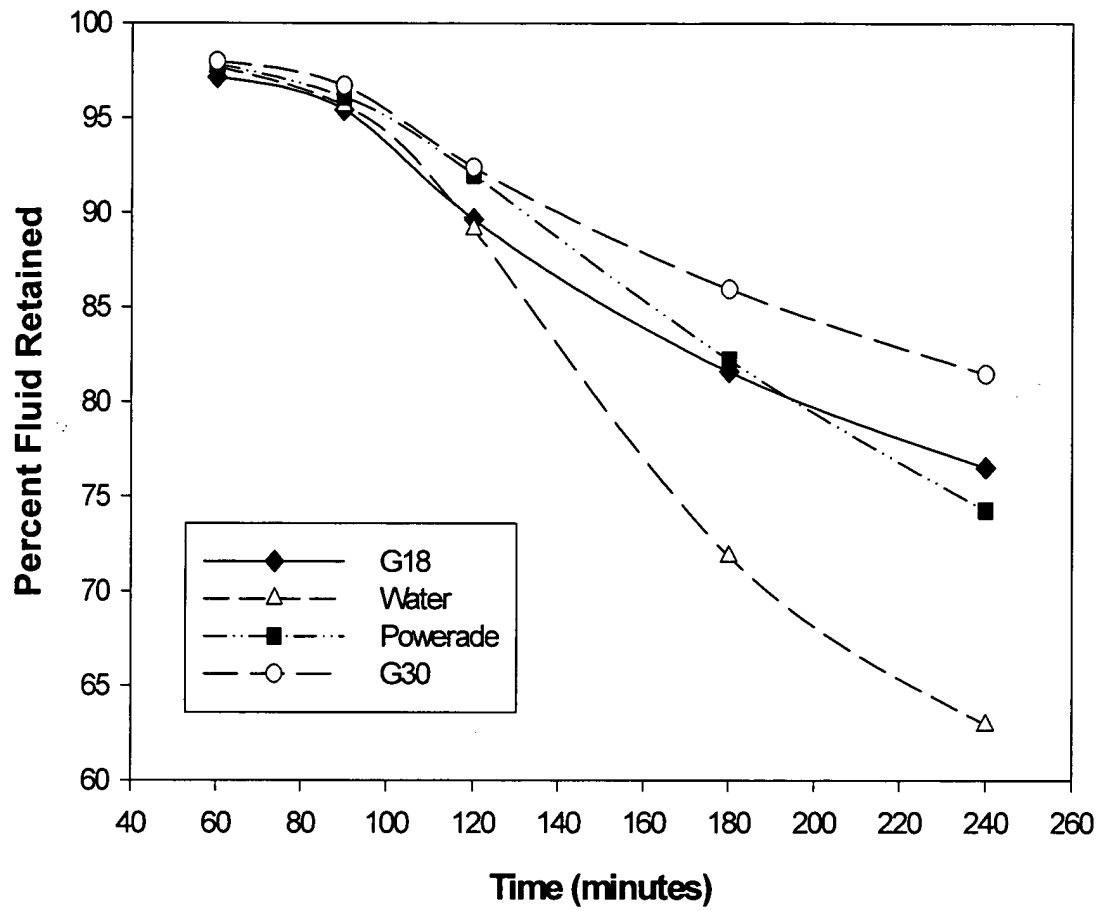


Figure 15

Urine Production During Recovery

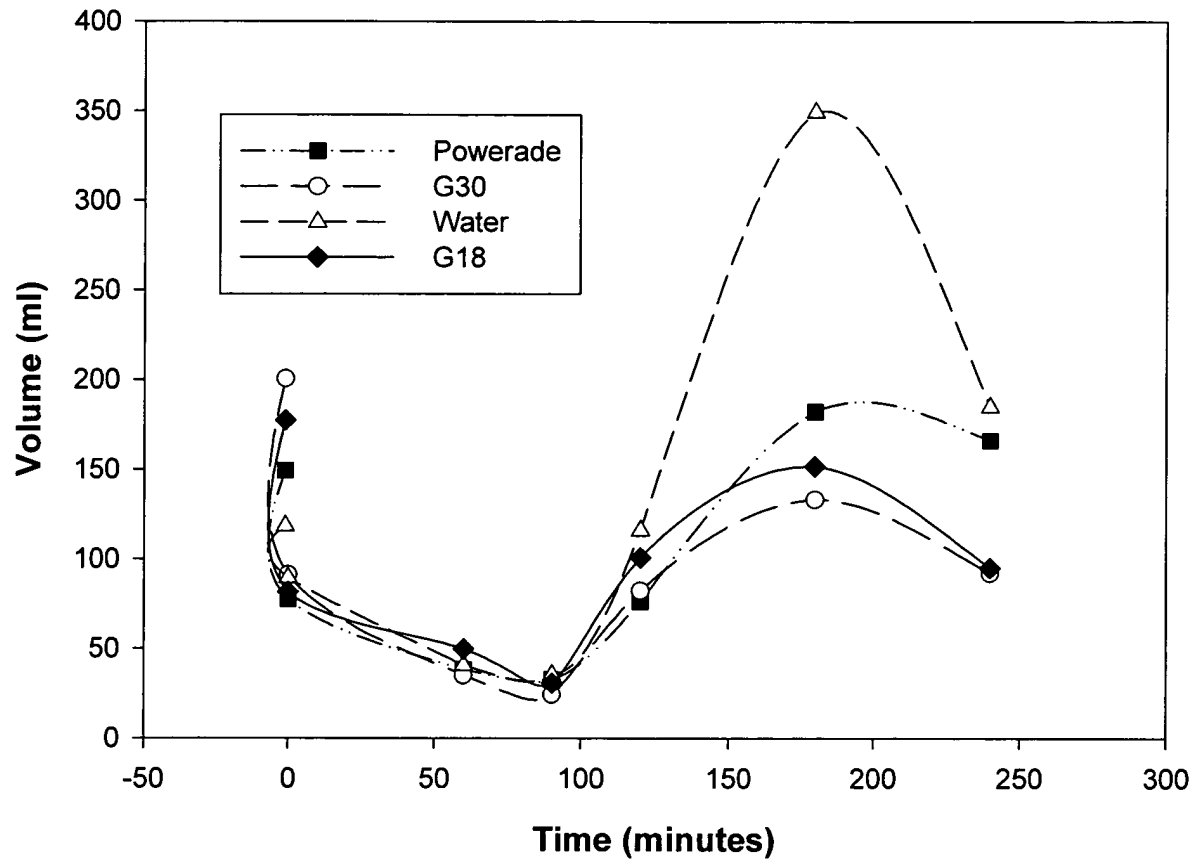


Figure 16

Urine Osmolality Before Exercise and During Recovery

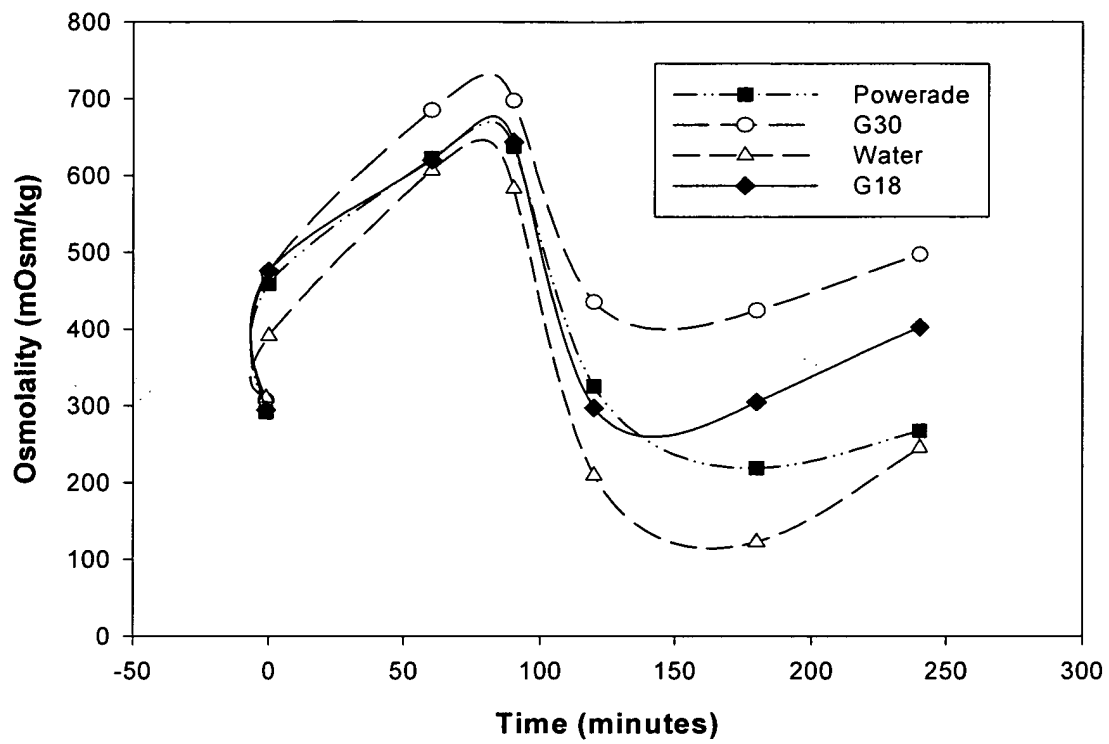


Figure 17

Sodium Losses in Urine Over Time

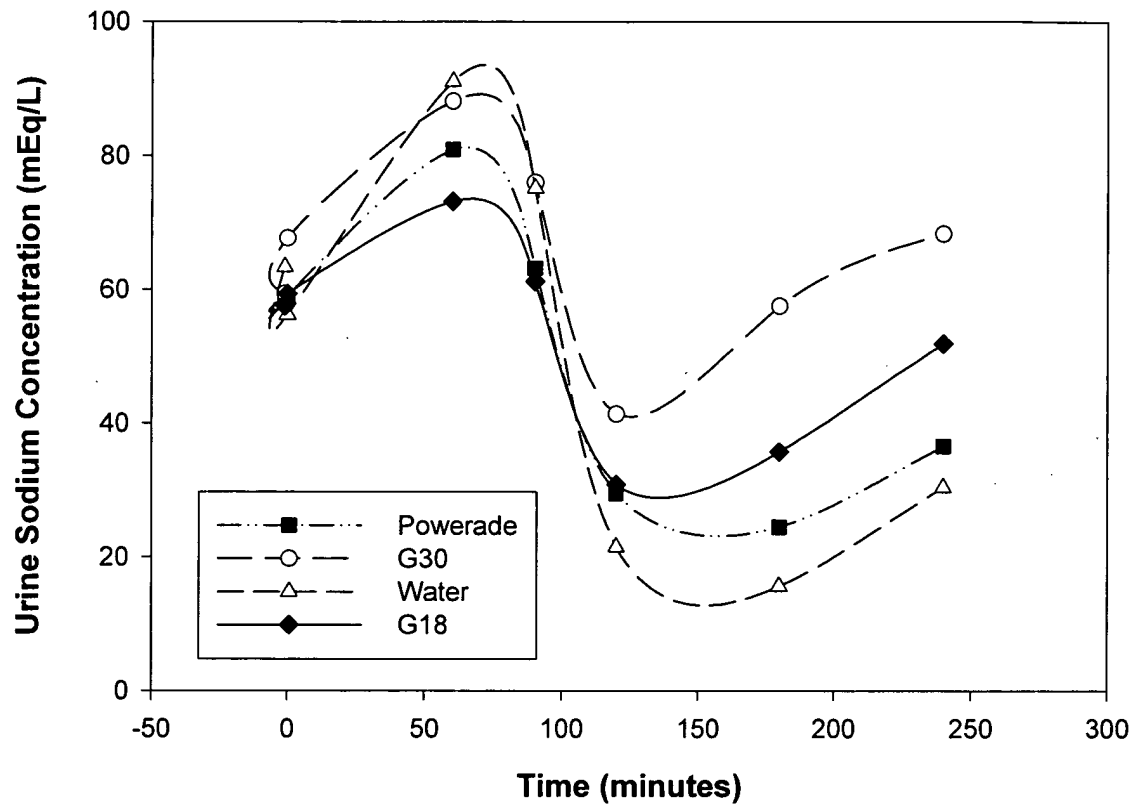


Figure 18

Urine Potassium Losses in Urine Over Time

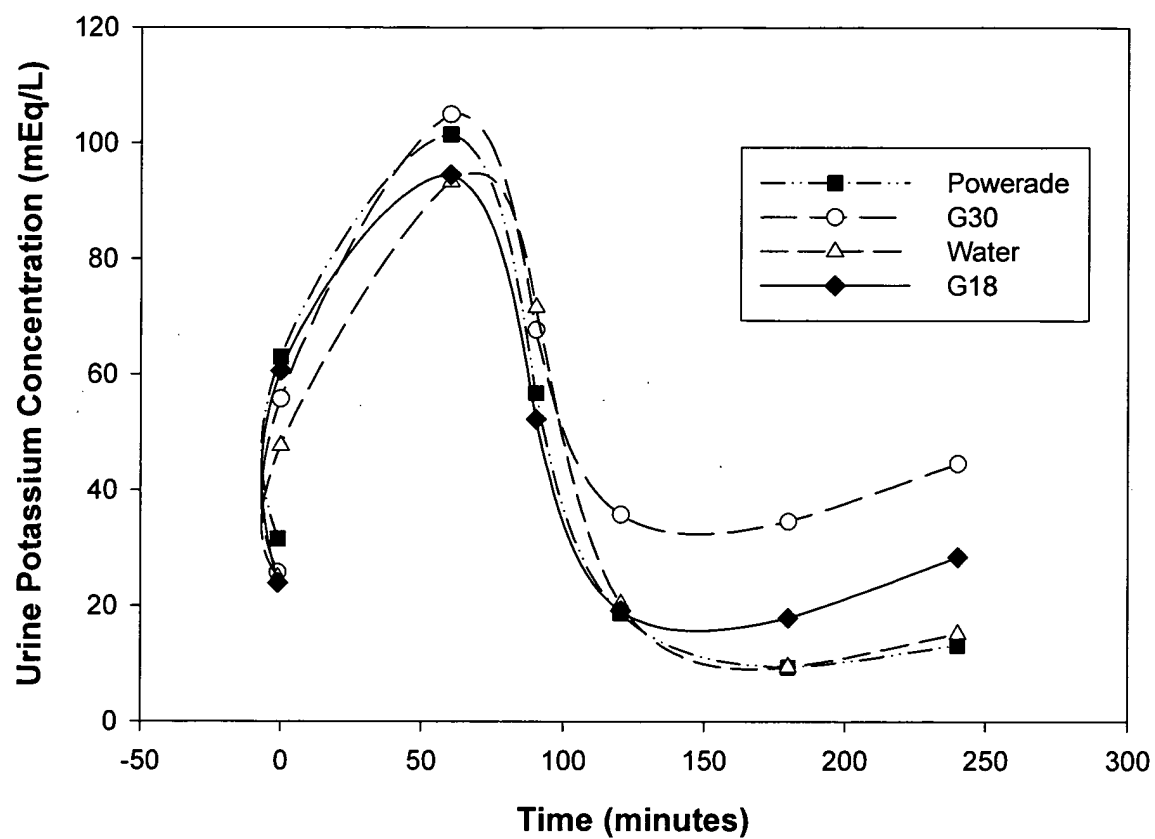


Figure 19

Urine Specific Gravity During Recovery

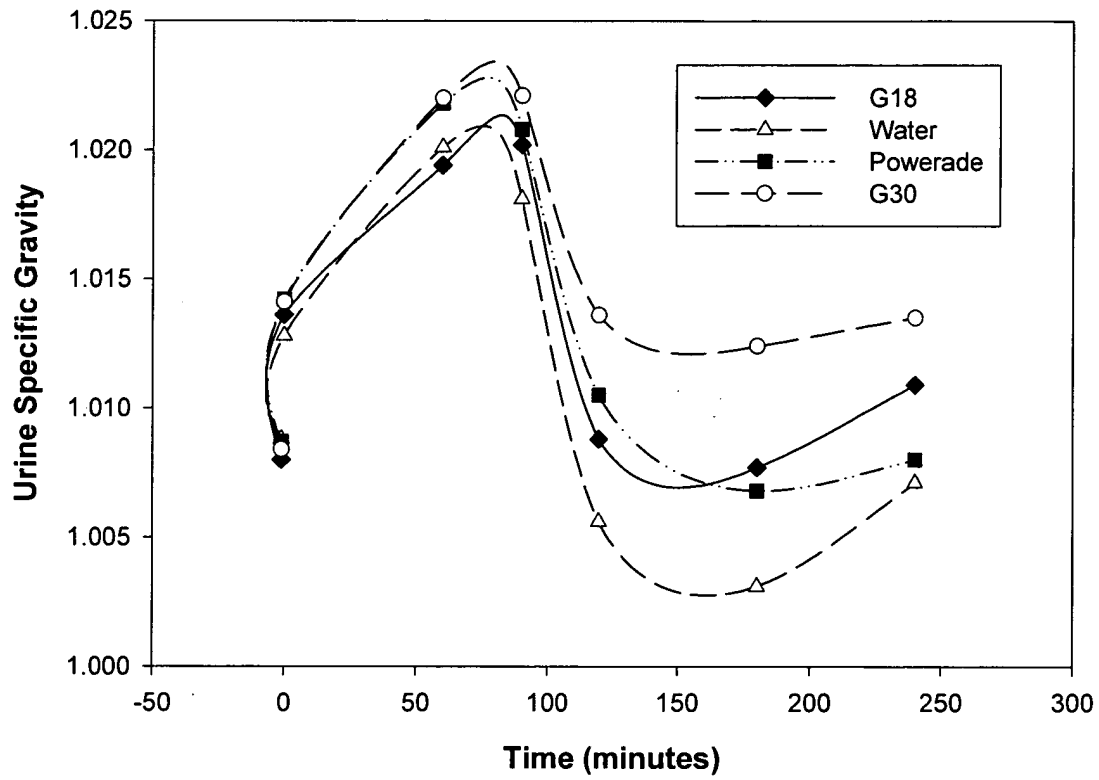


Figure 20

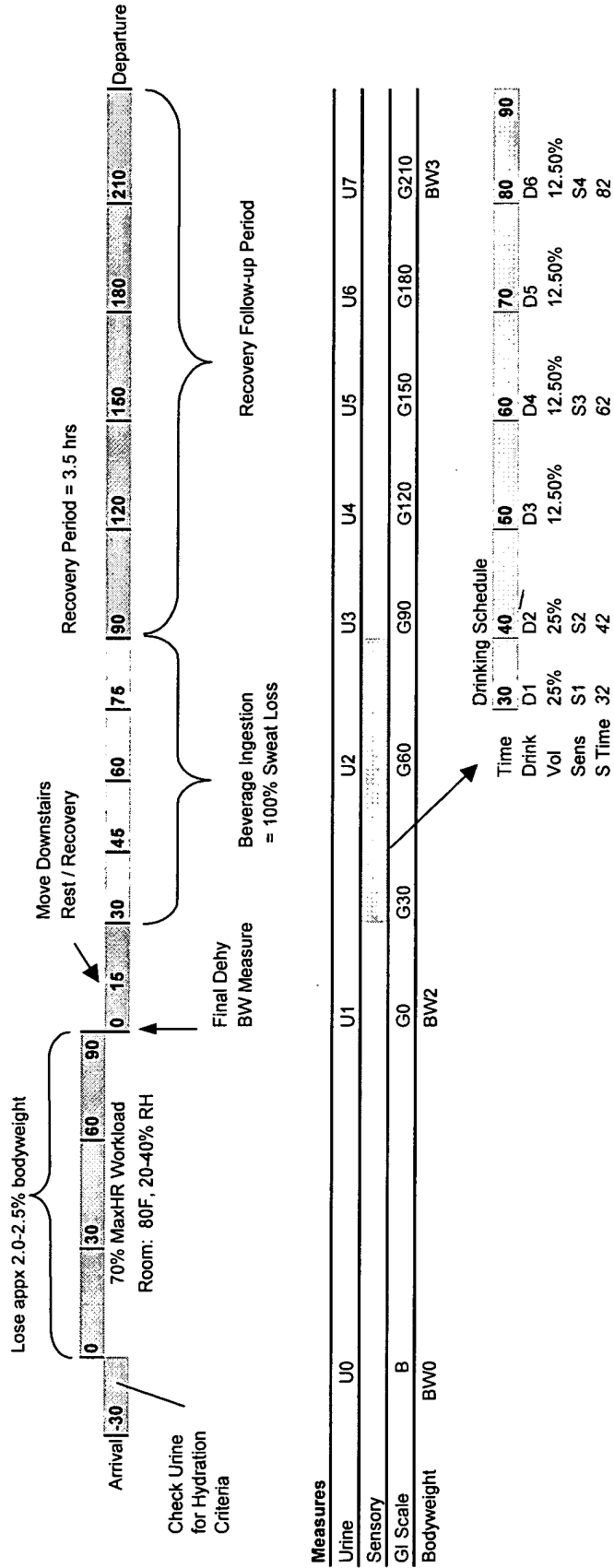


Figure 21

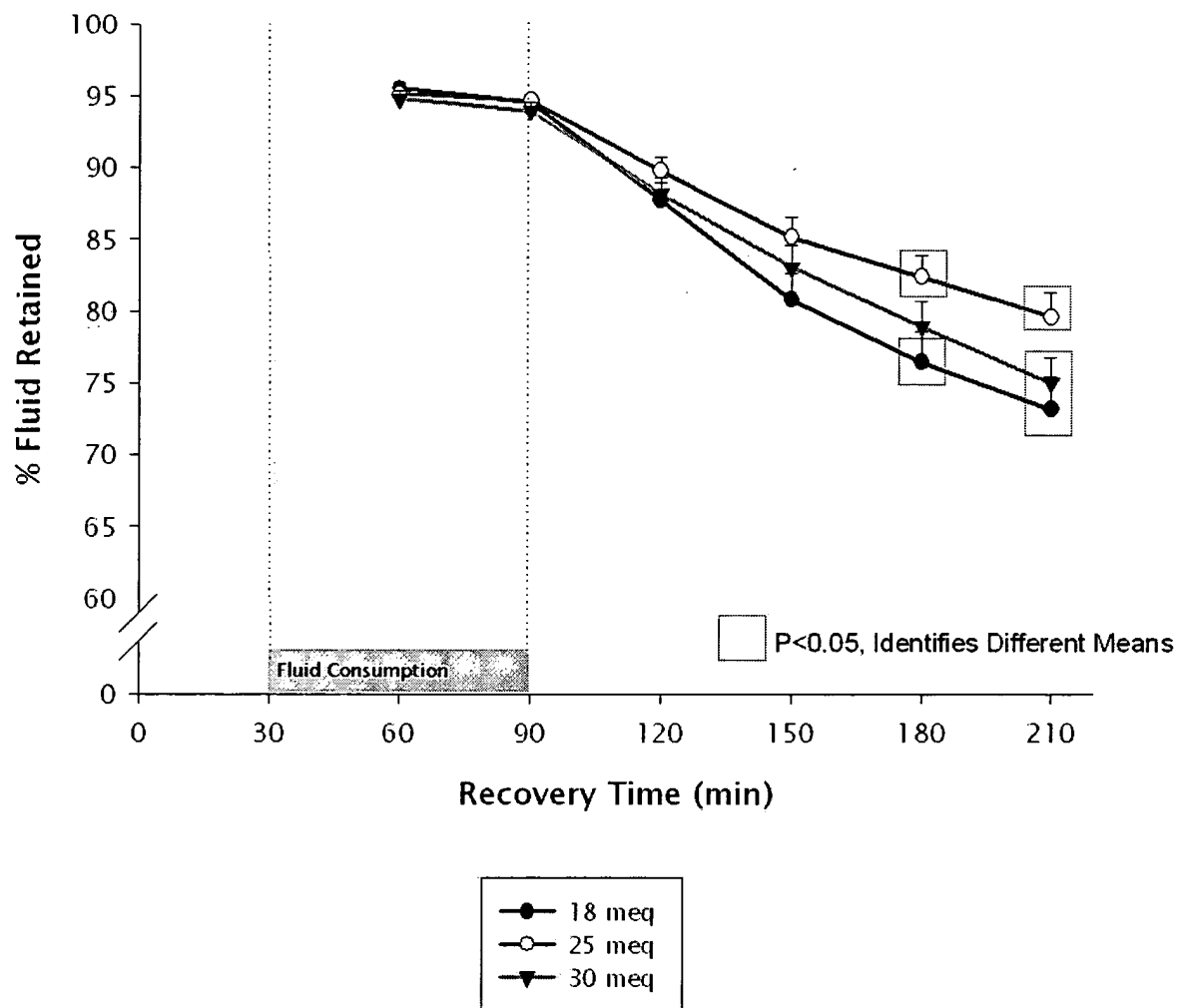


Figure 22

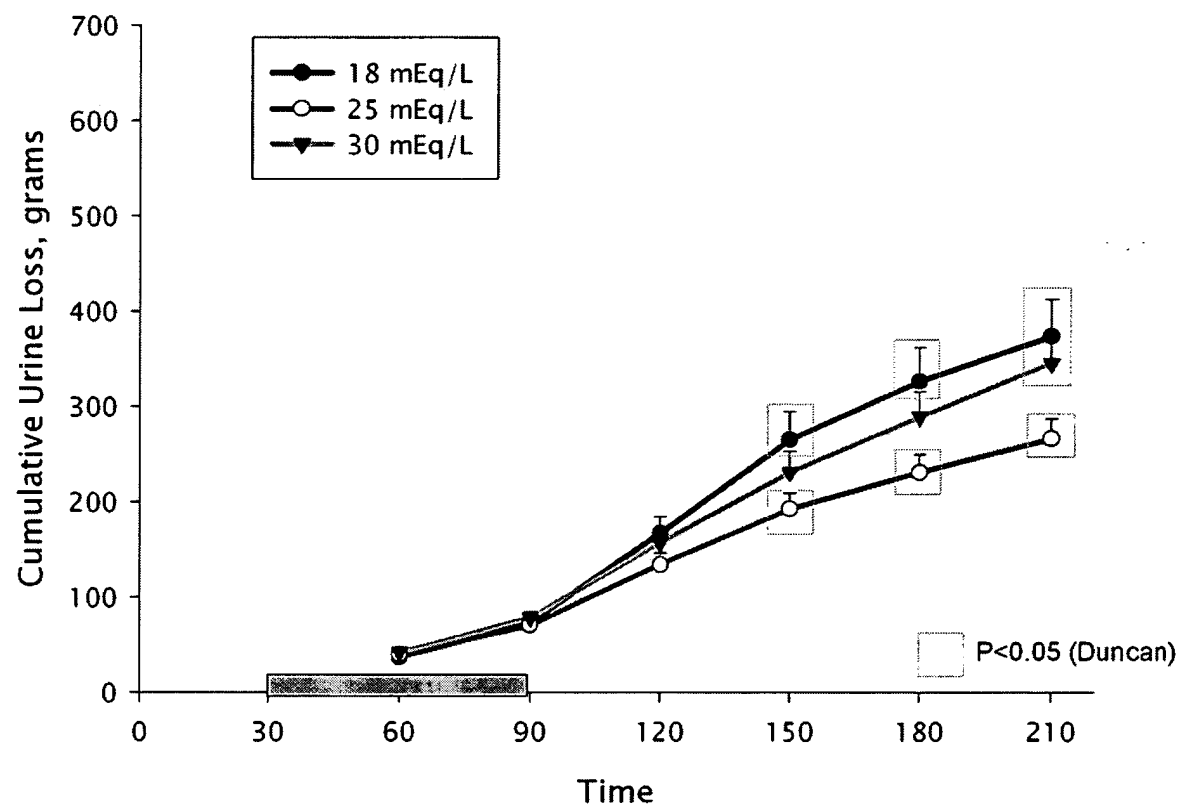


Figure 23

Overall Acceptance

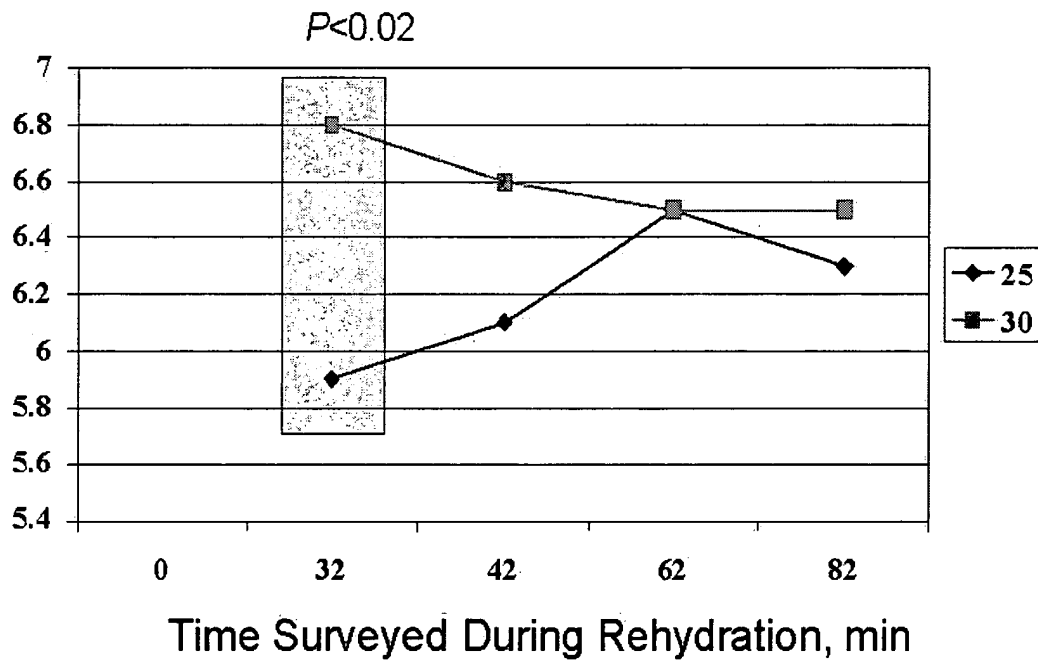


Figure 24

Tartness

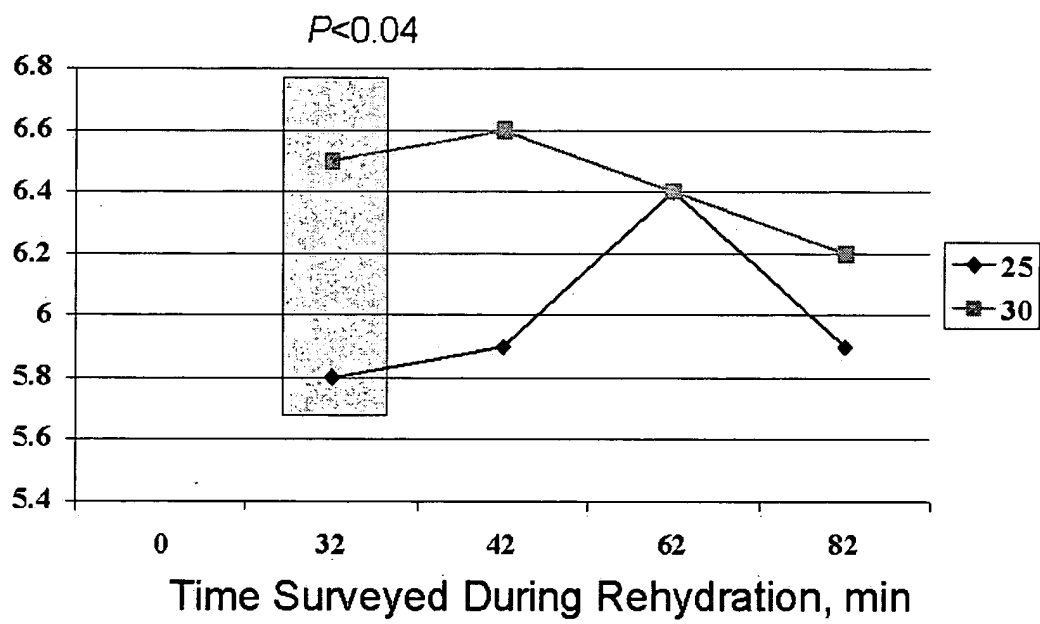


Figure 25

Perceived Saltiness

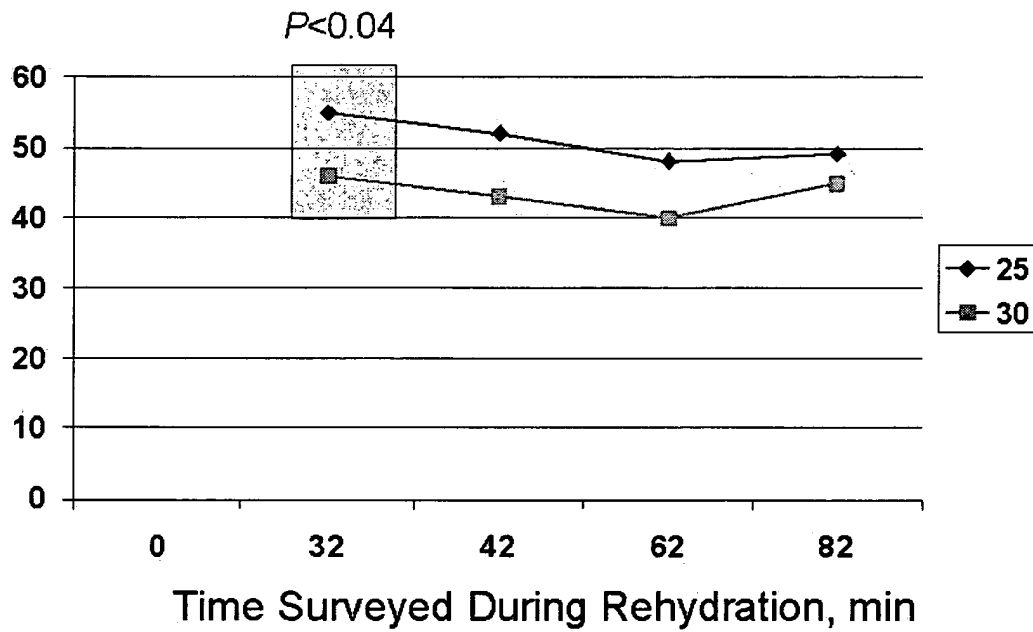
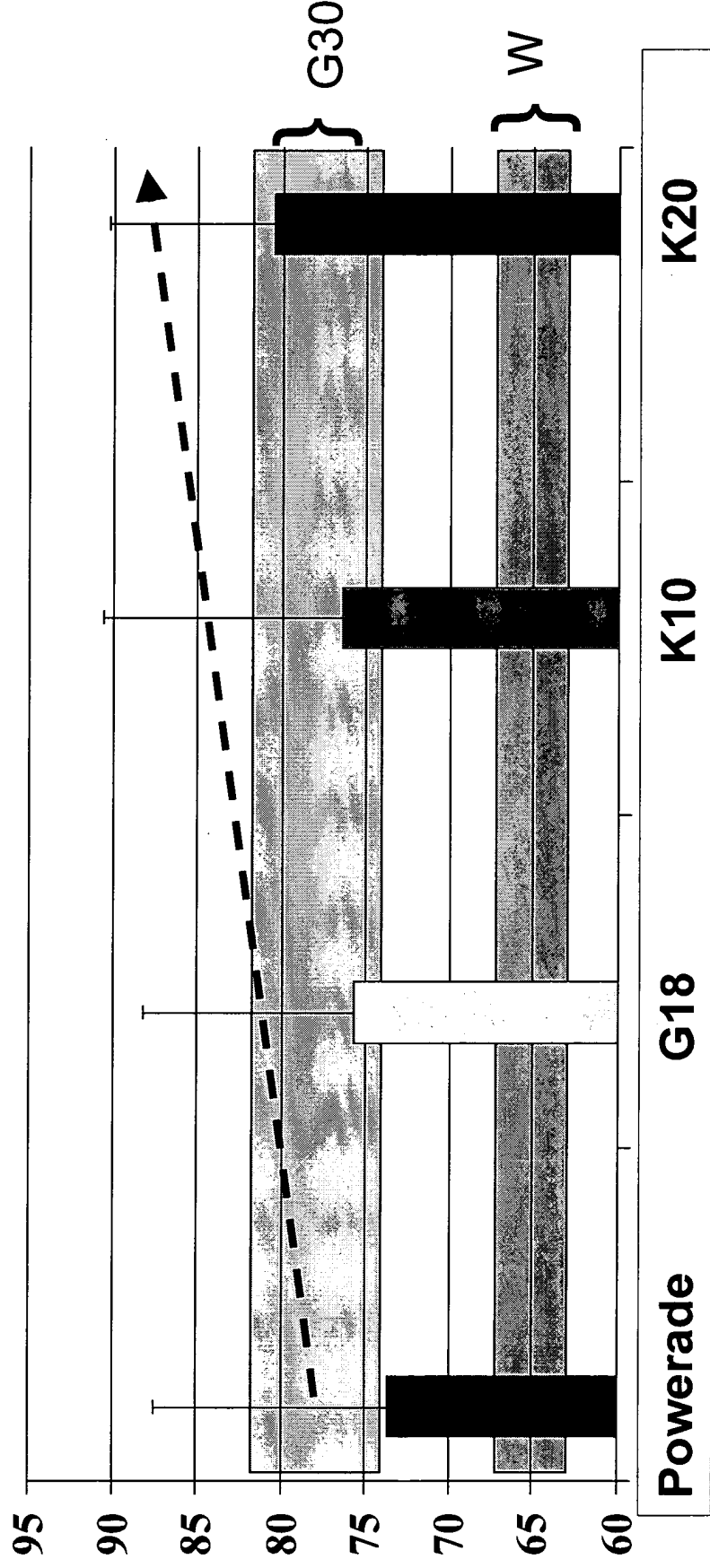


Figure 26

Figure 27

% Fluid Retained

$p = 0.08$ for treatment difference



Shaded horizontal bars = historical range of effects for G30 & water (W)

Figure 28

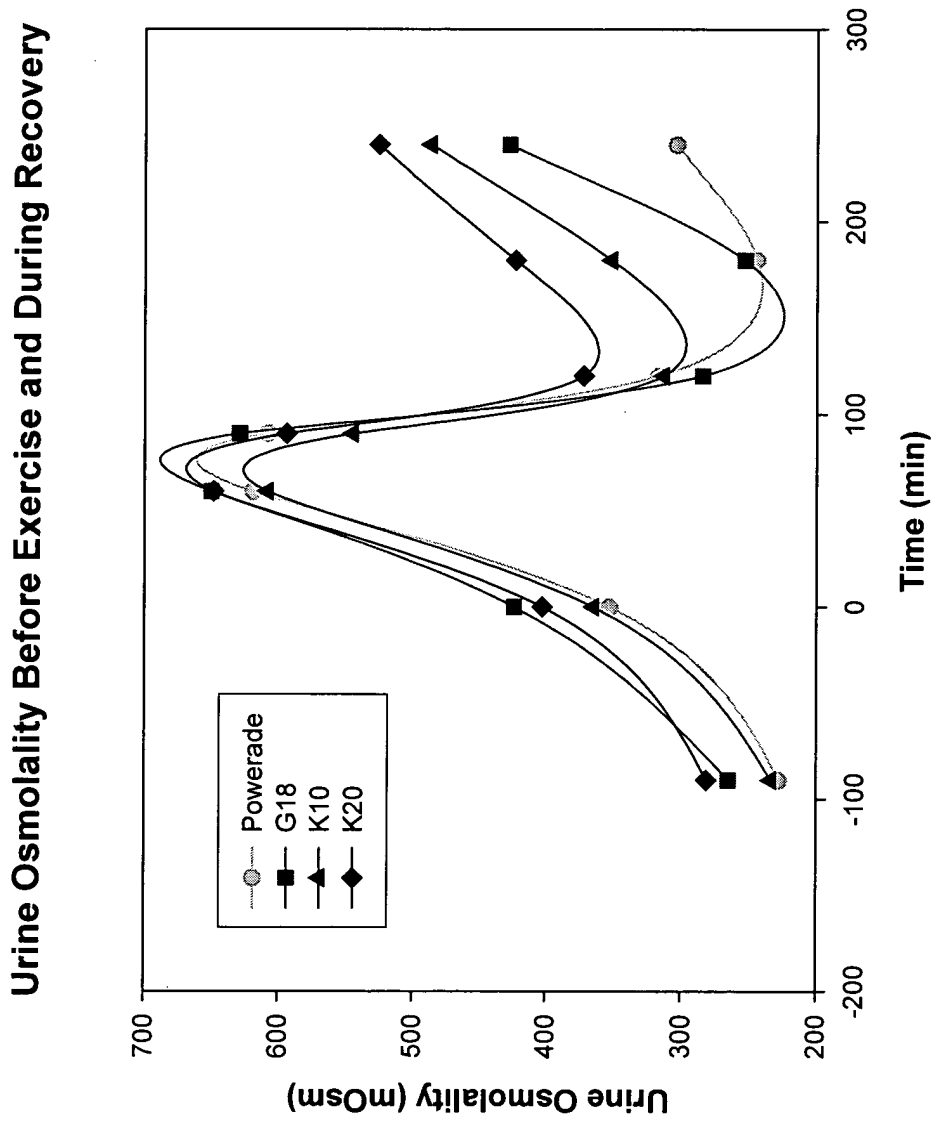


Figure 29

Urine Sodium Concentration During the Recovery Period

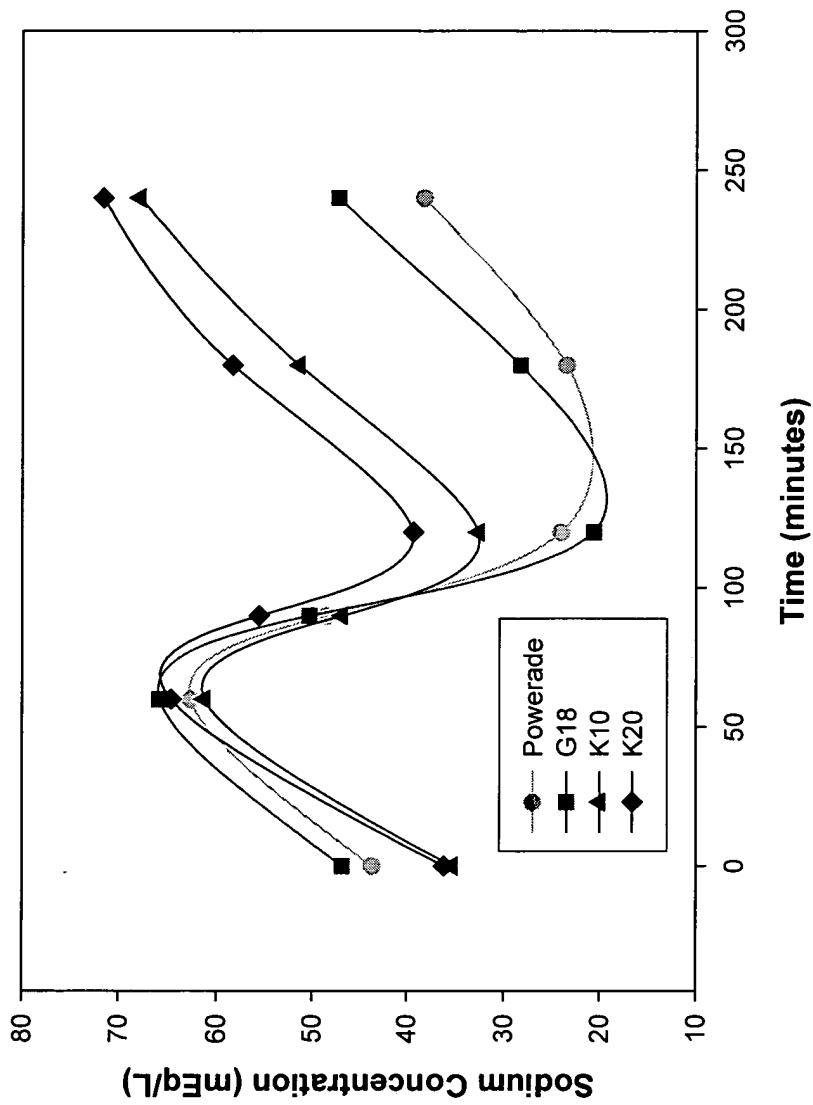


Figure 30

Urine Specific Gravity Before and After Exercise and During Recovery

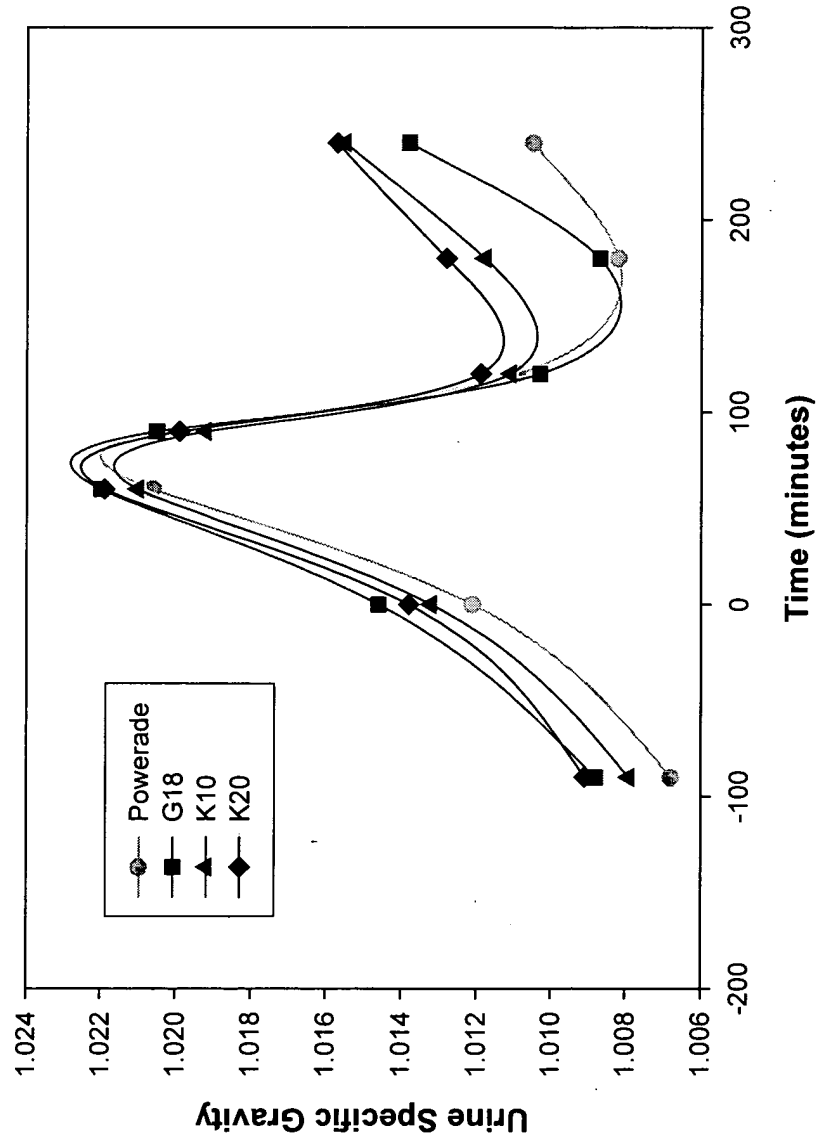


Figure 31

% Fluid Retained

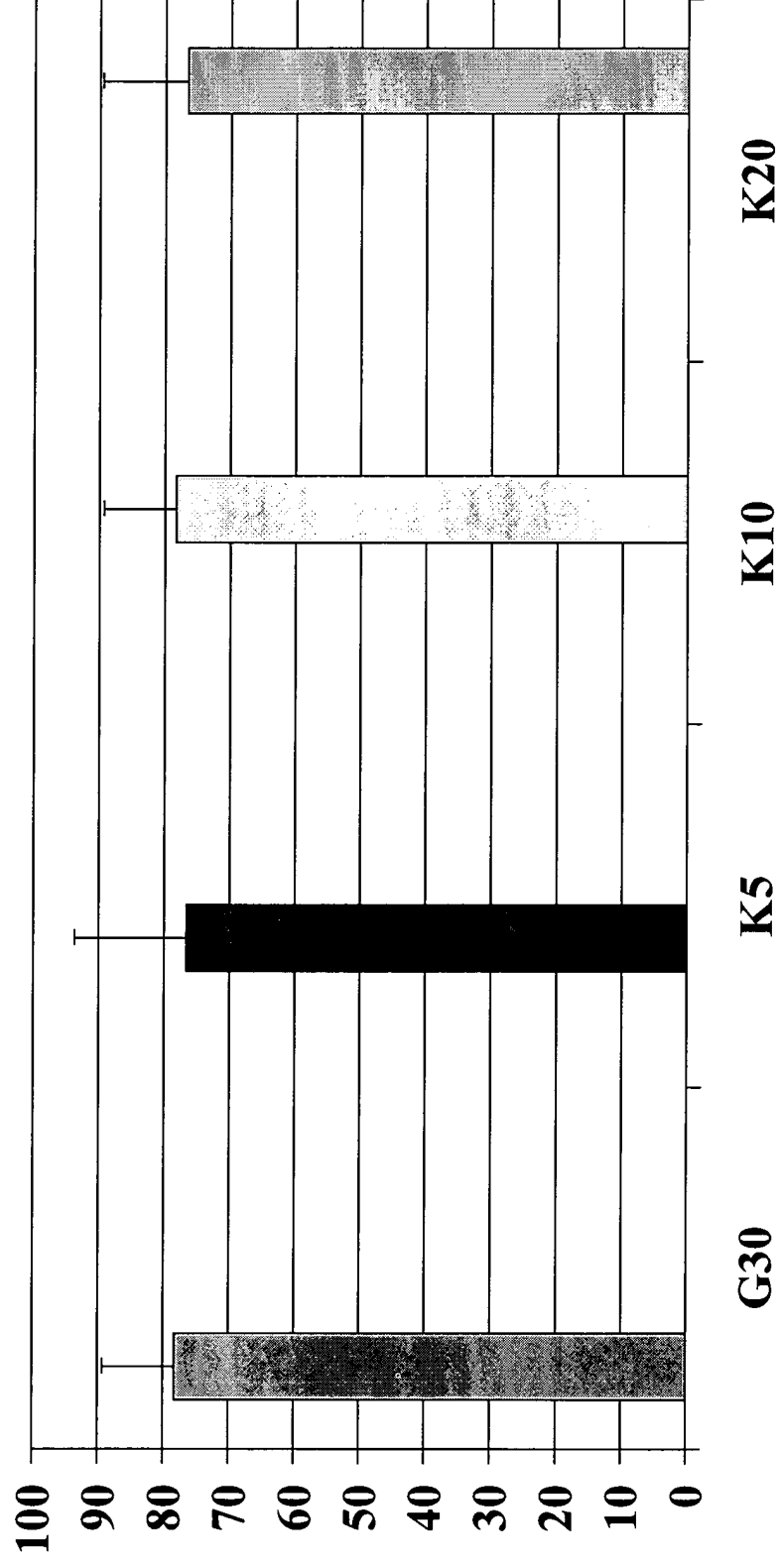


Figure 32

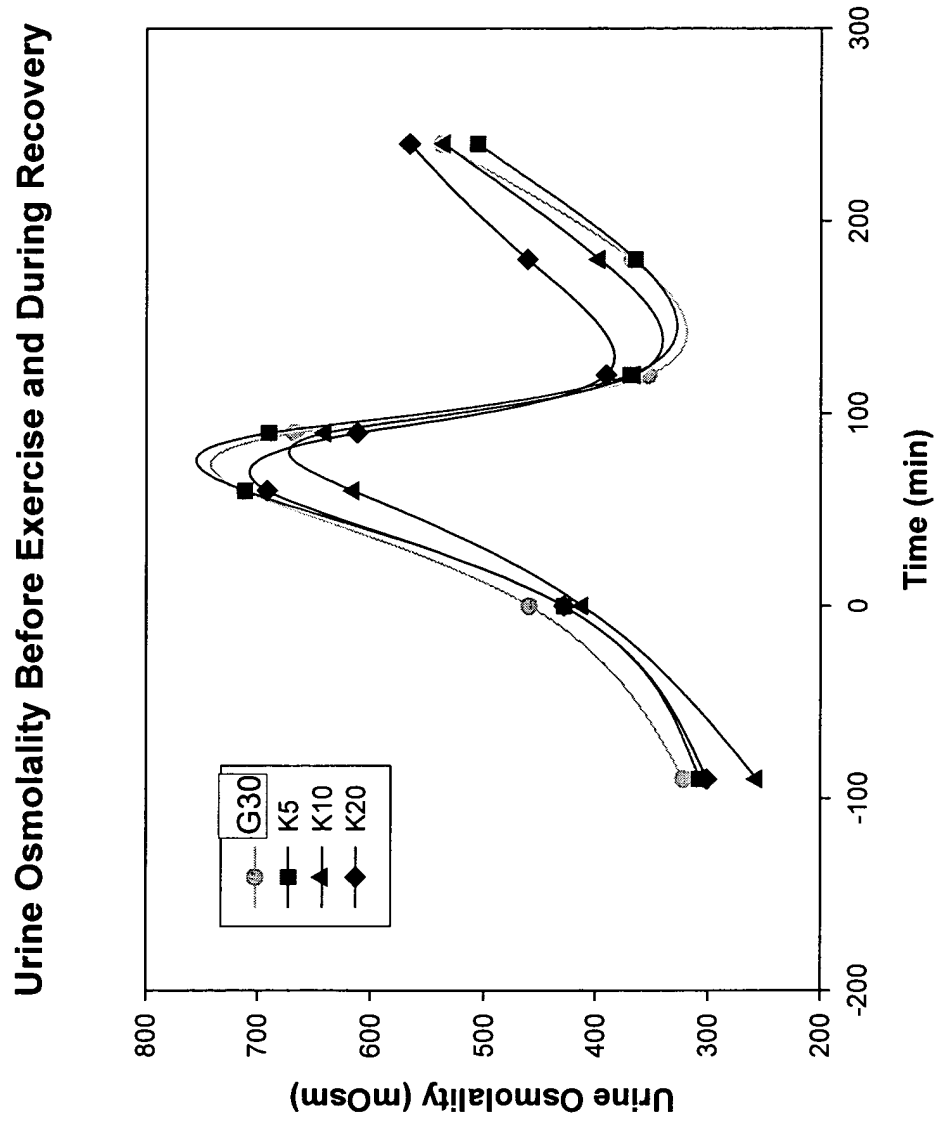


Figure 33

Urine Specific Gravity Before and After Exercise and During Recovery

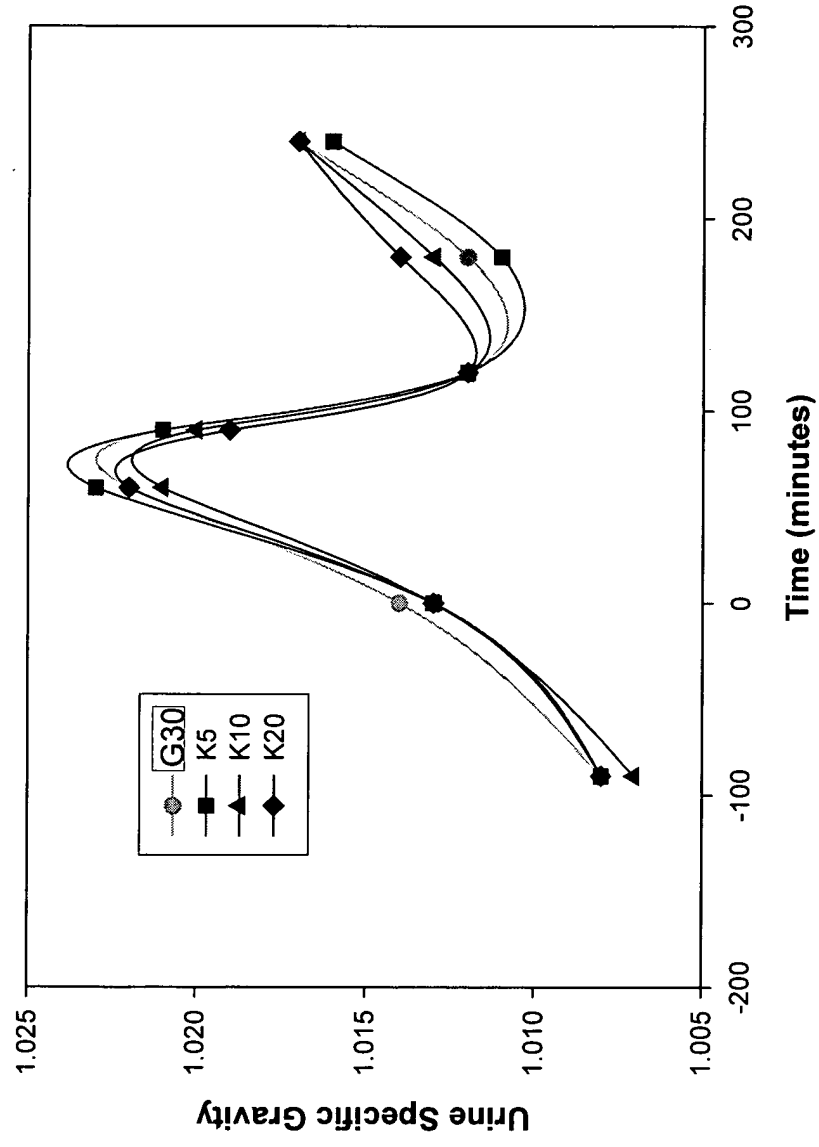


Figure 34

Urine Potassium Concentrations during the Recovery Period

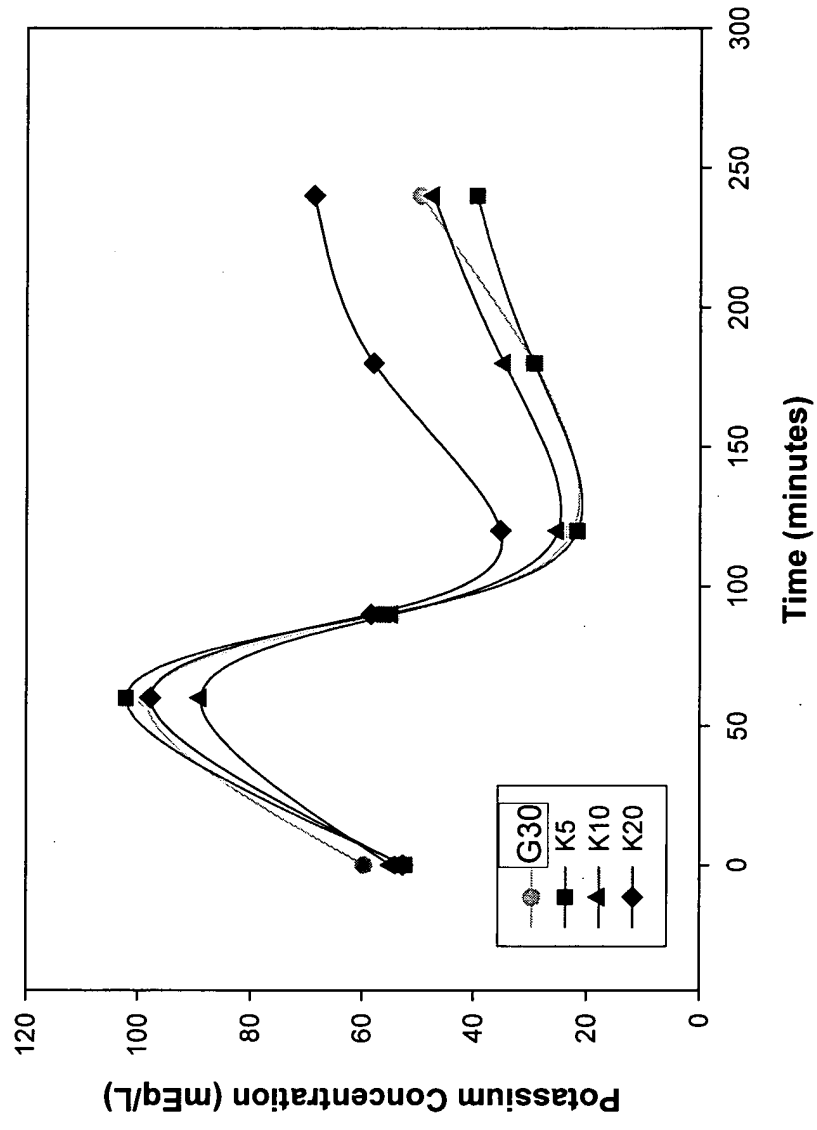


Figure 35

Overall Acceptance Ratings

